**FIELD DAY ACTIVITIES 2013 PRACTICE SHEET**

This sheet will be used to help students practice the field day events on their own. We will practice them in class, but they may do it on their own as well, and record their progress.

Perform each task 10 times.

Each time you perform the task, write down your farthest distance you achieve.

Station 1

Football Throw – Stand on one line and using your dominant hand, throw the football as far as you can.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Yards.

Station 2

Frisbee Throw – Stand on one line and throw the Frisbee as far as you can in a straight line.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Yards.

Station 3

50 Yard Dash – Have someone time you on how fast you can run 50 yards in a straight line.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Seconds

Station 4

Long Jump – Stand in one spot and jump for distance. Measure where you heels land.

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